

## Get Your Flu Shot!



Flu Shots will be offered  
on two days at our  
Mocksville site of Senior  
Services.

### Dates:

Oct. 6 - 9:00am - 3:00pm

Oct. 23 - 9:00am - 12:00pm

You must have an appointment.

*See details on page 2*  
concerning what insurance is  
accepted or what fees are  
involved.

## Need a Speaker?

If you are looking for a speaker for your church,  
business or civic group, the staff of Senior Services is  
well trained in a variety of topics. Programs can  
include the following:

- Presentation about Senior Services, our programs,  
services and activities
- Older Adult Sensitivity training - See the world  
through the eyes of older adults in this fun,  
interactive training (great for children or teenagers and  
also caregivers!)
- Welcome to Medicare/Other Medicare Training - Let  
us guide you through the Medicare maze. We can  
do a comprehensive overview of Medicare or just  
focus on specific topics.

Presentations can be customized in length & topics to  
meet your needs and can be geared to any audience -  
older adults, professionals, children, or a combination.

Call Kim Shuskey at 336-753-6230 to discuss what  
type of presentation you need.

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## OCTOBER SPECIAL EVENTS - MOCKSVILLE SITE

Our Mocksville site is located in the Bobby H. Knight Senior Services Building at 278 Meroney Street.

Hours are Monday - Thursday, 8:00am - 8:00pm, Friday, 8:00am - 5:00pm,

Saturday - 9:00am - 1:00pm.

Phone Number is 336-753-6230.

### FALL FEST - VOLUNTEERS NEEDED

Thurs., Oct. 1 - 2:00pm

- Somerset Court

Thurs., Oct. 8 - 10:30am

- Bermuda Commons

Thurs., Oct. 15 - 10:30am - Autumn Care

Thurs., Oct. 22 - 10:30am - Davie Place

Each year Senior Services visits long term care facilities in our community to host a Bingo program for their residents. Volunteers are needed for each facility's event. If you can help on any of the above dates, please give us a call.



### ASK THE DOCTOR

Monday, October 5 - 10:45 - 11:15am -

Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.

### BLOOD PRESSURE SCREENINGS

Tuesday, October 6 - 10:45am -

Multipurpose Room A

See all the details on pg. 16.

### FLU SHOTS - TWO DAYS!!

Tuesday, October 6 - 9am - 3pm

Or

Friday, October 23 - 9am - 12pm

By Appointment Only

Cost: See below

Be sure to get your flu shot to avoid getting sick. You must have an appointment to get your shot. Shots are free for Medicare Part B recipients and some other insurance holders. Please inquire when you make your appointment as to whether or not your insurance is accepted. You must bring your insurance card in with you.



### SHARING & CARING

Thursday, October 8 - 1:00 - 3:00pm -

Classroom B

See all the details on pg. 10.

### SENIOR LUNCH

Friday, October 9 - 11:30am -

Multipurpose Room B

Speaker: Ronnie Faggart,

Wreaths Across America project

RSVP by Oct. 2

Mr. Faggart will share information about this wonderful program that places wreaths on graves in veteran's cemeteries across the nation. A delicious lunch will follow. Open to adults 55 & older and exceptions under the general participation policy. **Space limited to the first 90 who RSVP.**



### GET YOUR HOME READY FOR WINTER

Monday, October 12 - 10:45am -

Multipurpose Room A

Speaker - Chris Nuckolls, Inspections/  
Facilities Director

RSVP by Oct. 5

Winter will be here before we know it. There are things that you can do to your home to get ready for the cold of winter. Learn more at this informative seminar. Open to adults of all ages - no children, please.

### LIVING HEALTHY WITH DIABETES

Tuesdays, October 13 - November 17 - 9:00 -

11:30am - Classroom B

RSVP by Oct. 6

Living Healthy with Diabetes is an evidence-based program designed to provide the skills and tools needed to help participants better manage their chronic condition. Particular emphasis is placed on proper physical activity and nutrition. The highly engaging workshops take place once a week for six weeks. Each session is 2½ hours long, and all workshops are facilitated by two trained leaders. Open to those with diabetes who are 55 years of age or older.

## OCTOBER SPECIAL EVENTS - MOCKSVILLE SITE

### GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, October 13 - 1:00pm -  
Multipurpose Room B  
RSVP by Oct. 6  
See all the details on pg. 16.

### SCRAPBOOKING

Tuesday, October 13 - 2:00pm -  
Classroom B  
RSVP by Oct. 6  
See all the details on pg. 10.

### ALZHEIMER'S SUPPORT GROUP

Tuesday, October 13 - 6:30pm -  
Classroom B  
RSVP by Oct. 6  
See all the details on pg. 20.

### RETIREMENT EVENT

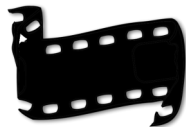
Friday, October 16 - 2:00 - 4:00pm -  
Multipurpose Room B  
RSVP by Oct. 9

This event, which is co-sponsored by Congresswoman Virginia Foxx's office, will target those who are thinking about retirement. There will be a seminar on Medicare as well as other speakers and information about other issues related to retirement. More specific details regarding the speakers will be available soon. This event is open to any interested person.

### MONTHLY MOVIE

Monday, October 19 - 1:00pm -  
Multipurpose Rooms A & B  
RSVP by Oct. 12  
MPLC license No: 12377840

Due to scheduling problems we will announce the movie title on the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*



### VETERAN'S SOCIAL

Tuesday, October 20 - 10:30am -  
Multipurpose Room B  
Speaker: Brian Byrd, Emergency  
Services Director  
RSVP deadline: Oct. 13



Senior Services and the Veteran's Service Office host this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. Mr. Byrd will discuss ambulance transports to the VA and when it is and is not covered. He will also answer other questions you have about EMS. ***This is intended to be a time of reminiscing and socialization for veterans, therefore it is limited to veterans only, no guests, unless a caregiver is needed in order for the veteran to attend.***

### SENIOR BOOK CLUB

Tuesday, October 20 - 1:00 - 2:30pm -  
Classroom A  
RSVP by Oct. 13  
See all the details on pg. 16.

### MEDICARE PART D ANNUAL ENROLLMENT PERIOD EVENT

Wednesday, October 21 - 10:00 - 4:00pm - by  
appointment only  
Facilitator: SHIP counselor  
See all the details on pg. 9.

### SHARING & CARING

Thursday, October 22 - 1:00 - 3:00pm -  
Classroom B  
See all the details on pg. 10.

### THEATRE CLUB

Tuesday, October 27 - 1:00pm - Classroom B  
See all the details on pg. 17.

### MEDICARE PART D ANNUAL ENROLLMENT PERIOD EVENT

Wednesday, October 28 - 10:00 - 4:00pm - by  
appointment only  
Facilitator: SHIP counselor  
See all the details on pg. 9.

## OCT/NOV SPECIAL EVENTS - MOCKSVILLE SITE

### **FALL CHICKEN STEW & JAM SESSION**

**Thursday, October 29 - 5:30pm - Multipurpose Rooms A & B**  
**RSVP by Oct. 22**



For our annual Fall party we will have a chicken stew & jam session. If you play an instrument, bring it. We will have a great meal then all those with instruments will join together in an informal jam session to entertain those who don't play. Open to adults 55 & older and exceptions under the general participation policy.

### **MOVIE DAY WITH THE GRANDKIDS (OR NOT!)**

**Friday, October 30 - 1:00pm - Multipurpose Rooms A & B**  
**RSVP by Oct. 28**  
**MPLC license No: 12377840**

Due to scheduling problems, we will announce the movie title on Tuesday, October 27. We will choose an appropriate movie based on what is available. As this is a scheduled out-of-school day for Davie County, you are welcome to bring your grandkids, great-grandkids, etc. All children must be accompanied by an adult. You may also attend without children. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*

### **ASK THE DOCTOR**

**Monday, November 2 - 10:45 - 11:15am - MP Room A**  
**Speaker: Dr. George Kimberly**  
See all the details on pg. 16.



### **ASTRONOMY SEMINAR**

**Monday, November 2 - 1:00pm - Multipurpose Room B**  
**Speaker: Dr. Ralph James**  
**RSVP by Oct. 26**

Travel with us out into the planets as Dr. James shares his knowledge and love of astronomy with the group. You better bring your spacesuits, because there is no air on Mars!! Open to adults of all ages - no children, please.

### **BLOOD PRESSURE SCREENINGS**

**Tuesday, November 3 - 10:45am - Multipurpose Room A**  
See all the details on pg. 16.

### **MEDICARE PART D ANNUAL ENROLLMENT PERIOD EVENT**

**Wednesday, November 4 - 10:00 - 4:00pm - by appointment only**  
**Facilitator: SHIP counselor**  
See all the details on pg. 9.

### **CAREGIVERS' DINNER**

**Thursday, November 5 - 5:30pm - MP Room B**  
**RSVP by: Oct. 29**

November is Caregiver Appreciation Month. If you are an unpaid caregiver who provides ongoing care for an older adult, or if you have provided such ongoing care in the past year to an older adult who has passed away, we invite you and a guest to a relaxing dinner. There will be great food and a sing-a-long. This event is also open to grandparents raising grandchildren. Caregivers are welcome to bring the loved one for whom they are caring.

### **MEMORY SCREENINGS**

**Friday, November 6 - 1:00pm - 4:00pm - by appointment only**  
**Screener - Kelly Sloan, Services Coordinator**  
**RSVP by Oct. 30**

Do you forget things or misplace things more often? Do you have trouble concentrating? Have family or friends told you that you are repeating things to them? If you answered yes to any of these questions you may benefit from a memory screening. This is a simple, safe evaluation tool that checks memory and thinking skills. It can indicate whether an additional follow up by a healthcare provider is necessary. If you are concerned about your memory, or if you just want to learn more, schedule your appointment today. Open to adults of any age.

## NOVEMBER SPECIAL EVENTS - MOCKSVILLE SITE

### SENIOR TARHEEL PRIORITIES

**Monday, November 9 - 10:45am - Multipurpose Room B**

**Speaker: Ron Hoth, Senior Tarheel Delegate for Davie County**  
**RSVP by: Nov. 2**

The Senior Tarheel Legislature was created to provide information to seniors on the legislative process and matters being considered by the NC General Assembly, promote citizen involvement and advocacy concerning aging issues before the NC General Assembly, and to assess the legislative needs of older citizens by convening a forum modeled after the NC General Assembly. Mr. Hoth will share with the group their top priorities for the upcoming year. You will also have the opportunity to ask questions and voice your concerns for Mr. Hoth to take back to the Legislature. Open to adults of all ages – no children please.

### GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

**Tuesday, November 10 - 1:00pm - Classroom A**

**RSVP by Nov. 3**

See all the details on pg. 16.



### VETERAN'S APPRECIATION LUNCH OR DINNER

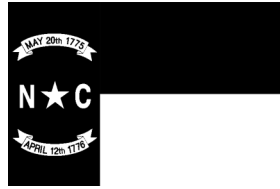
**Tuesday, November 10 - 1:00pm**  
**OR**

**Tuesday, November 10 - 5:30pm**  
**- MP Rooms A & B**

**Choose the time that works for you.**

**RSVP deadline: Nov. 3 (or when spaces fill)**

All veterans and active military personnel and one guest are invited to a meal in their honor. Both events will have a delicious meal and feature entertainment by The Andrew Sisters tribute group, "Letters From Home". Space is limited at each event, so call early to ensure you get to come at the time you desire.



### SCRAPBOOKING

**Tuesday, November 10 - 2:00pm - Classroom B**  
**RSVP by Nov. 3**

See all the details on pg. 10.

### SHARING & CARING

**Thursday, November 12 - 1:00 - 3:00pm - Classroom B**

See all the details on pg. 10.

### MONTHLY MOVIE

**Monday, November 16 - 1:00pm - Multipurpose Rooms A & B**  
**RSVP by Nov. 9**

**MPLC license No: 12377840**

Due to scheduling problems we will announce the movie title on the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*



### SENIOR BOOK CLUB

**Tuesday, November 17 - 1:00 - 2:30pm - Classroom A**

**RSVP by Nov. 9**

See at the details on pg. 16.

### MEDICARE PART D ANNUAL ENROLLMENT PERIOD EVENT

**Wednesday, November 18 - 10:00 - 4:00pm - by appointment only**

**Facilitator: SHIP counselor**

See all the details on pg. 9.

### SATURDAY MORNING BREAKFAST

**Saturday, November 21 - 9:30am - Multipurpose Rooms A & B**

**RSVP by Nov. 13**

Adults 55 and older & their guests of any age are invited to a great breakfast. You may bring any number of guests, but anyone under 55 must be a guest of someone 55 or older.

## NOV/DEC SPECIAL EVENTS - MOCKSVILLE SITE



### **COFFEE FILTER WREATH**

**Monday, November 23 - 1:00pm -**

**Multipurpose Room B**

**Instructor: Sharon Allard,  
Events Coordinator**

**Cost: \$3.00**

**RSVP by Nov. 16**

For our craft this quarter we will make a beautiful wreath out of coffee filters. This will be a perfect addition to your holiday decorations. An example will be on display at Senior Services. Open to adults 55 and older & exceptions under the general participation policy.

### **THEATRE CLUB**

**Tuesday, November 24 - 1:00pm -**

**Classroom B**

See all the details on pg. 17.

### **MEDICARE PART D ANNUAL ENROLLMENT PERIOD EVENT**

**Wednesday, November 25 - 10:00 - 4:00pm -  
by appointment only**

**Facilitator: SHIP counselor**

See all the details on pg. 9.

### **BLOOD PRESSURE SCREENINGS**

**Tuesday, December 1 - 10:45am -**

**Multipurpose Room A**

See all the details on pg. 16.

### **"FIDGET APRONS" SERVICE PROJECT**

**Tuesday, December 1 - 1:00pm -**

**Multipurpose Room B**

**Instructor: Pat Stine**

**Cost: Free - bring own scissors & portable  
sewing machine if you have one**

**RSVP by Nov. 24**

Senior Services gives away "Fidget Aprons" to those with Alzheimer's or other forms of dementia and is looking for a few good folks who would be willing to help us make these. Come to this class to learn how to make a "Fidget Apron", make a few while you are here and then continue the project throughout the year if you so choose. All supplies for the aprons will be provided. If you have a portable sewing machine, please bring it along with your own scissors. Open to adults of any age.

### **MEDICARE PART D ANNUAL ENROLLMENT PERIOD EVENT**

**Wednesday, December 2 - 10:00 - 4:00pm - by  
appointment only**

**Facilitator: SHIP counselor**

See all the details on pg. 9.



### **DINNER & A MOVIE - "MIRACLE ON 34TH STREET"**

**Thursday, December 3 - 5:30pm -**

**Multipurpose Rooms A & B**

**RSVP by Nov. 25**

**MPLC license No: 12377840**

Enjoy dinner and stay for the classic movie "Miracle on 34th Street". This movie tells the story of Kris Kringle, who is hired as Macy's department store Santa. He soon fills everyone with Christmas spirit, except for his boss, Doris Walker, who is raising her daughter Susan to not believe in Santa. But when Kris is declared insane and put on trial, everyone's faith is put to the test as old and young alike face the age old question: Do you believe in Santa Claus? Starring Edmund Gwenn, Maureen O'Hara and Natalie Wood, this movie is not rated. Runtime is 1 hour, 37 minutes. It is open to adults 55 & older & exceptions under the general participation policy, but will be limited to the first 100 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available. Movie title subject to change due to release dates.*

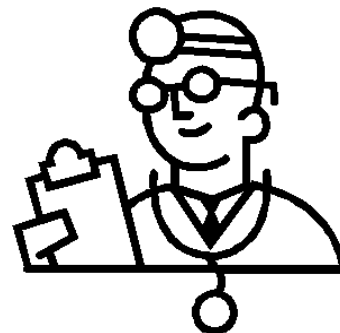
### **ASK THE DOCTOR**

**Monday, December 7 - 10:45 - 11:15am -**

**Multipurpose Room A**

**Speaker: Dr. George Kimberly**

See all the details on pg. 16.



## DECEMBER SPECIAL EVENTS - MOCKSVILLE SITE

### **VEIN DISEASE SEMINAR & SCREENINGS**

**Tuesday, December 8 - 10:45am -**

**Multipurpose Rooms A & B**

**Speaker: Representative from Carolina Vein Associates**

**RSVP by Dec. 1**

Many people assume problems with their veins are just a result of getting older. However some of the symptoms you are living with daily may be a result of vein disease. Join us to learn more information about the various forms of vein disease, as well as signs and symptoms at this informative seminar at 10:45. For those who wish to be screened, appointments will start at 11:30, with the last appointment made at 2:30. Those being screened will need to wear shorts (or bring them to change into). If there is interest that exceeds the number of appointments, another screening day may be set up in the future. There is no charge for the screening. Must be 55 or older to participate in the screenings. Adults of any age are welcome to the seminar.

### **GOT PLANS? ADVANCE CARE PLANNING WORKSHOP**

**Tuesday, December 8 - 1:00pm -**

**Classroom A**

**RSVP by Dec. 1**

See all the details on pg. 16.

### **SCRAPBOOKING**

**Tuesday, December 8 - 2:00pm -**

**Classroom B**

**RSVP by Dec. 1**

See all the details on pg. 10.

### **ALZHEIMER'S SUPPORT GROUP**

**Tuesday, December 8 - 6:30pm -**

**Classroom B**

**RSVP by Dec. 1**

See all the details on pg. 20.

### **SHARING & CARING**

**Thursday, December 10 - 1:00 - 3:00pm -**

**Classroom B**

See all the details on pg. 10.



### **CHRISTMAS PARTY**

**Friday, December 11 - 2:00pm -**

**Multipurpose Rooms A & B**

**RSVP deadline: Dec. 4**

Don't miss our annual Christmas Party. Our entertainment this year will be The Davie High Madrigal Singers. This talented group will set the stage for our celebration which will take us back to the Renaissance period. Refreshments will be served. Open to adults 55 & older and exceptions under the general participation policy.

### **INFORMATION ABOUT CENTERPOINT HUMAN SERVICES**

**Monday, December 14 - 10:45am -**

**Multipurpose Room A**

**Speaker: Tracy Warner, Centerpoint Human Services**

**RSVP by Dec. 7**

Centerpoint provides a variety of services to residents of Davie County. Ms. Warner will provide information about the variety of services available, as well as how to access those services. Open to adults of any age - no children, please.

### **SENIOR BOOK CLUB**

**Tuesday, December 15 - 1:00 - 2:30pm -**

**Classroom A**

**RSVP by Dec. 8**

See at the details on pg. 16.

### **CHRISTMAS BINGO**

**Thursday, December 17 - 1:00pm -**

**Multipurpose Room B**

**Sponsor: Bright Morning Star Travel Company**

**RSVP by Dec. 10**

Come out for some fun games of Bingo! Refreshments will be served. Open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, Braille cards and display screen are available.*



DECEMBER SPECIAL EVENTS  
- MOCKSVILLE SITE

**MONTHLY MOVIE**

**Monday, December 21 - 1:00pm -**

**Multipurpose Rooms A & B**

**RSVP by Dec. 14**

**MPLC license No: 12377840**

Due to scheduling problems we will announce the movie title on the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*

**THEATRE CLUB**

**Tuesday, December 22 - 1:00pm -**

**Classroom B**

See all the details on pg. 17.



**NEW YEAR'S EVE BUNCO & "MOCKTAILS"**

**Thursday, December 31 - 2:00pm**

**- Multipurpose Room A**

**RSVP by Dec. 22**

We will celebrate New Year's Eve a little earlier in the day to still leave you plenty of time to ring it in again at midnight. We will play Bunco, a fun dice game that is easy to learn. Between rounds we will serve light refreshments and "mocktails" (non-alcoholic cocktails). This will be a fun way to wrap up 2015. Open to adults 55 & older & exceptions under the general participation policy.

Happy  
New  
Year!



SPECIAL INFORMATION  
SECTION

**NEW NAME FOR BUILDING**

The building that houses the main site of Davie County Senior Services has a new name. It is now called the Bobby H. Knight Senior Services Building.

At their July 6 meeting, Davie County Commissioners voted unanimously to rename the building to honor the work and dedication of former commissioner Bobby Knight. Mr. Knight served on Senior Services Advisory Council and was a strong advocate for Senior Services and the older adults of our county. He was instrumental in the process to obtain the new building for Senior Services, helping to select the site and secure the funding.

Senior Services is grateful for the work of Mr. Knight and is proud that our building will bear his name.

Please note that the agency name will remain Davie County Senior Services.

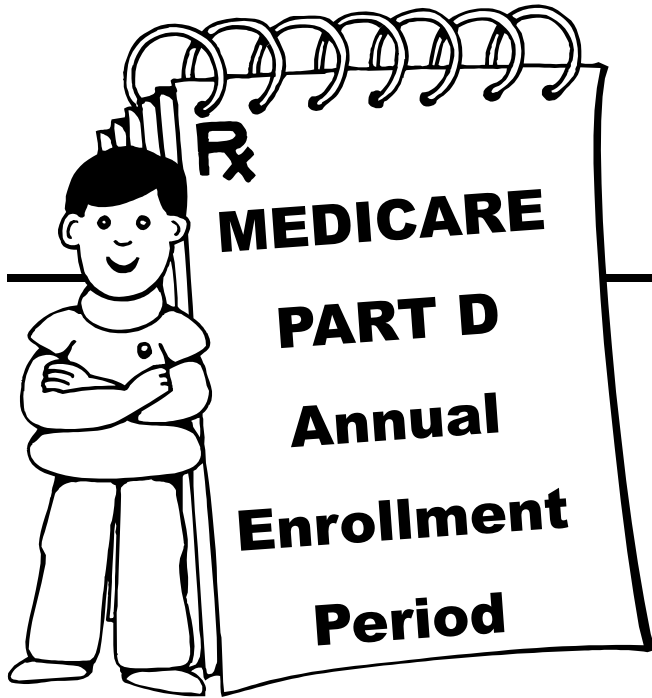
**NEW CANOPY**

County Commissioners have approved the funding for a new drive-under canopy that will go on the front of our building.

This will provide a covered, safe area for drop offs, which will be especially important during inclement weather. Construction will take a couple of months, and during that time the front entrance will not be used. Please use the designated entrance during this time.

Senior Services will remain open during the construction process.





## ***DO YOU NEED HELP?***

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In 2015 the Annual Enrollment Period for Medicare Prescription Drug Programs is October 15 - December 7. During this time people with Medicare may enroll in or change their Prescription Drug Coverage.

As part of the NC Department of Insurance, **Seniors' Health Insurance Information Program (SHIP)** has experts trained to help you do this.

There is also federal assistance for those with Medicare who have limited resources and income. If you qualify you can receive assistance to help pay for premiums, deductibles and prescription co-payments.

A counselor can help you choose the plan that best meets your needs and also help you to apply for assistance if you qualify.

Call **Davie County Senior Services** at **336-753-6230** to attend one of the Enrollment Sessions on Wednesdays from 10:00 - 4:00 during the Annual Enrollment period.

*(Other appointment times are available if Wednesdays are not convenient)*

# ONGOING ACTIVITIES - MOCKSVILLE SITE



## Arts & Crafts

### QUILTING

**Mondays - 10:00am - 12:00pm - Classrooms A & B**

Join this talented group who loves to quilt. Bring your supplies to work with and learn from other quilters. No instruction is provided. This is an intergenerational program.

### DAVIE CO. QUILT GUILD

**3rd Monday of each month at 6:30pm - (October 19, November 16, December 21) - Multipurpose Rooms A & B**

**President: Brenda Hanes**

**Membership Dues: \$20.00 per year**

Monthly meetings may include show & tell, demonstrations, guest speakers, or work sessions. Senior Services is a co-sponsor of this group. For detailed information, please call the group leader (call for number).

### ART - STILL LIFE & LANDSCAPES

**Mondays - 9:00am - 12:00pm - MP Room B**

**Instructor: Annette Ratledge**

**Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)**

**Furnish your supplies**

Classes will run each Monday, and students can start at any time. Annette will work one on one to get students started. **Beginners need to come to the first class before buying supplies.** Open to adults 55 & older.

### SCRAPBOOKING

**2nd Tuesday of each month - 2:00pm  
Classroom B - (October 13, November 10, December 8)**

**Group Leader: Barbara Thornton**

Bring your supplies & your current projects & "scrap" with friends. Barbara & other participants can help with ideas and techniques if needed. Special programs and field trips are sometimes held. This group is open to all ages.

### WOODCARVING

**Wednesdays - 9:00 - 11:00am - Classroom A  
Facilitator - Tim Trudgeon**

Expert woodcarver Tim Trudgeon will be here each Wednesday. Anyone with an interest in carving is invited to get together with him at that time. You may come as often as you wish, but please call before attending your first session. Open to adults of any age.

### TATTING

**Fridays - 10:00am - Classroom B**

Join this group who loves to tat. Bring your supplies to work with and learn from other tatters. This includes shuttle tatting and needle tatting. No formal instruction is provided.

### SHARING & CARING GROUP

**2nd & 4th Thursdays of each month -  
1:00 - 3:00pm - Classroom B**

Do you have a passion for crafting? Bring your handwork / portable project and join this fun group for a time to share, fellowship and craft together, making projects to give to those in need.



## Computer Lab & Classes

Ten computers are available during normal operating hours when there is not a meeting or class in progress. Users must be 55 or older and sign a user form. Call ahead to make sure the lab is available or just drop in to take advantage of this room.

### UPCOMING COMPUTER CLASSES:

**Instructor: Jackie Allen**

**Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)**

**Register by: No later than 1 week prior to  
1st day of class (Note - classes  
fill quickly, so you may want to  
register early)**

**Class Size: Limited to 10 students**

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## **COMPUTER BASICS**

This class is for those of you who have never used a computer before. You'll learn the basics, such as how to turn it on & off, how to use the mouse & the keyboard, etc. *This is a 3 day class.*

### **Upcoming Session:**

- Oct. 1, 5 & 6 (Thurs., Mon., Tues.) - 6:00 - 8:00pm - Media Room

## **BEGINNING COMPUTERS**

This class is suitable for those who have very little knowledge of computers, but do know how to use the mouse/keyboard. We will discuss the parts of the computer and what to look at when purchasing a computer. Also, we will spend time on the Internet, making sure you know how to go directly to a website. We will also become familiar with the layout of Microsoft Word. *This is a 4 day class and is intended for those with mouse/keyboard skills.*

### **Upcoming Session:**

- Oct. 26, 27, 29 & Nov. 2 (Mon, Tues., Thurs., Mon.) - 5:00pm - 8:00pm - Media Room

## **MICROSOFT WORD 2007 LEVEL 1**

This class continues from Beginning Computers. We will learn more advanced editing options, including different ways to select text, working with the many icons on the formatting toolbar and how this can make your document easier to read, working with the options in the page setup dialog box, for example margins and orientation of paper. We will also work some with graphics. *This is a 3 day class and is intended for students who are familiar with creating/saving a document and basic editing techniques (bold, alignments, cut/copy, paste and how to use delete & backspace keys).*

### **Upcoming Session:**

- Dec. 1, 3 & 7 (Tues., Thurs., Mon.) - 6:00 - 8:00pm - Media Room

## **ENVELOPES & LABELS LEVEL 1**

Learn to print envelopes and labels the easy way. Your addresses are saved in Microsoft Excel & we merge them into Microsoft Word so you can print directly on the envelope or on labels. We are using Microsoft Excel & Word 2007. *This is a 1 day class and is intended for students who have a basic understanding of Microsoft Word & Microsoft Excel. Mouse & Keyboard skills required.*

### **Upcoming Session:**

- Nov. 6 (Fri.) - 3:00 - 5:00pm - Media Room

## **PRINTING INVITATIONS**

You will learn to use blank invitations to create beautiful invitations for baby showers, birthdays, or any type of celebration. *This is a 1 day class and is intended for students who have a good understanding of Microsoft Word. Word Levels 1, 2 & 3 are recommended prior to taking this class.*

### **Upcoming Session:**

- Nov. 9 (Mon.) - 3:00 - 5:00pm - Media Room

## **TROUBLESHOOTING YOUR COMPUTER**

We'll review basic troubleshooting techniques to check when you are experiencing computer issues. We will look at the different avenues that are available to you to help correct the problem or better understand exactly what the problem is. *Beginning Computers is recommended prior to this class. This class is 2 days.*

### **Upcoming Session:**

- Oct. 2 & 5 (Fri., Mon.) - 2:00 - 4:00pm - Media Room

## **WINDOWS MOVIE MAKER**

This program allows you to incorporate your pictures and camcorder video into a movie. Then you will finalize the movie to publish it onto a CD and send out to your friends and family. If you have Windows XP, Vista or 7 this program should be on your computer already. *Word Level 2 is recommended for this class. Prior knowledge will enhance your ability to understand the concepts quickly. This class is 2 days.*

### **Upcoming Session:**

- Nov. 6 & 9 (Fri., Mon.) - 1:00 - 3:00pm - Media Room

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## **WINDOWS 8 LEVEL 1**

This class is to show you how you can effectively use Windows 8 with the two interfaces. This will be a very basic class, intended just to make sure you know the two interfaces (Metro and Desktop) and how to work in each view. There will be a Level 2 class offered later to go into more detail. Please bring your own laptop equipped with Windows 8 - we do not have Windows 8 in the classroom. If you do not have a laptop you are welcome to sit in & observe. *This is a 2 day class and is intended only for those who are unsure how to use Windows 8.*

### **Upcoming Session:**

- Oct. 23 & 26 (Fri., Mon.) - 1:00 - 3:00pm - Media Room

## **WINDOWS 8 LEVEL 2**

This is a continuation of the Level 1 class. We will continue to learn how to navigate around Windows 8 and discover where all of the common features are located. Please bring your own laptop equipped with Windows 8 - we do not have Windows 8 in the classroom. If you do not have a laptop you are welcome to sit in & observe. *This is a 2 day class and is intended for students who have taken Windows 8 Level 1.*

### **Upcoming Session:**

- Nov. 20 & 23 (Fri., Mon.) - 2:00pm - 4:00pm - Media Room



## **WEBCAM**

Webcam is the camera on your computer. Understanding how to use the webcam is becoming very important as it is being used more and more for business and social purposes. You will need to know how to find your webcam software before class. You can search for "webcam" on your computer and it should show you the software you have installed on your computer. If you have a laptop feel free to bring it to class and we can try to search BEFORE class begins. One (1) webcam will be installed in the room for those who have a desktop. We will be using SKYPE so if you do not have an account you will need to set this up BEFORE class begins.

### **Upcoming Session:**

- Dec. 4 & 7 (Fri., Mon.) - 2:00 - 4:00pm - Media Room

**DON'T FORGET TO BRING YOUR  
MOBILE DEVICES AND ENJOY FREE  
WI-FI WHILE AT SENIOR SERVICES.  
SEE FRONT DESK FOR PASSWORD.**



## ONGOING ACTIVITIES - MOCKSVILLE SITE



### Dance

#### LINE DANCING LEVEL 1

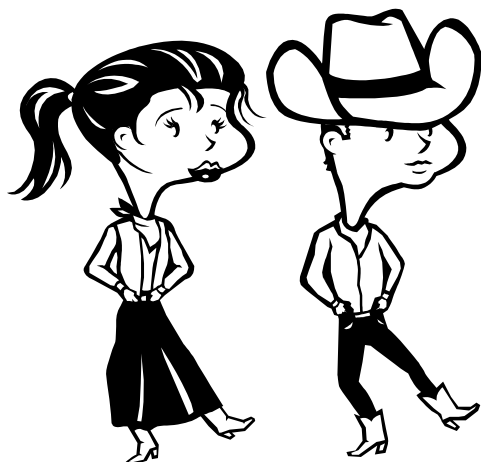
**Tuesdays & Thursdays - 8:45 - 9:45am - Exercise Classroom**

For those new to line dancing, join this group to learn some simple dances. This is appropriate for beginners and those who only know a few dances. Open to adults 55 and older & exceptions under the general participation policy.

#### LINE DANCING LEVEL 2

**Mondays, Wednesdays & Fridays - 9:45 - 10:45am - Exercise Classroom**

For those who have the basics down, we will learn more complex dances. Individual instruction cannot be provided to learn dances that have already been taught to the group. Please attend Line Dancing 1 for those basic dances. Open to adults 55 & older and exceptions under the general participation policy.



### Drop In Activities

Senior Services invites you to drop by anytime to take advantage of the following:

- |                |              |
|----------------|--------------|
| * Board Games  | * Music      |
| * Books        | * Newspapers |
| * Cards        | * Puzzles    |
| * Checkers     | * Scales     |
| * Chess        | * Shredder   |
| * Computer Lab | * Videos     |
| * Fitness Room | * Wii        |
| * Magazines    |              |

Items are available as long as an activity is not occurring in the room in which they are located. For any questions concerning availability of drop in items, please call ahead.

### Exercise



#### SILVERHEALTH

**Mondays, Wednesdays & Fridays - 8:30 - 9:00am - Exercise Room**

**Instructor: Sharon Allard, Events Coordinator**

This class works with hand weights and resistance bands and focuses on toning - especially those important core muscles. Stay for the Morning Wake Up Program if you desire a more intense workout or leave at 9:00 if you prefer a shorter program. Open to adults 55 & older and exceptions under the general participation policy.

#### MORNING WAKE UP PROGRAM

**Mondays, Wednesdays & Fridays - 9:00 - 9:30am - Exercise Room**

**Instructor: Sharon Allard, Events Coordinator**

This class is a continuation of the SilverHealth class. Come at 8:30 for stretching and toning and stay for this class for 30 minutes of cardio movement. This class builds upon SilverHealth & is designed to be done together with SilverHealth. Open to adults 55 & older and exceptions under the general participation policy.

## ONGOING ACTIVITIES - MOCKSVILLE SITE

### YOGA FOR SENIORS

**Mondays & Wednesdays -  
October 5 - December 30 -  
Exercise Room**

**Instructor: Kim Crawford  
4 CLASSES TO CHOOSE**

**FROM:**

**11:00 am - 12:00 pm**

**1:00 - 2:00pm**

**2:00 - 3:00pm**

**3:00 - 4:00pm**

**Cost: No charge (Sr. Services pays the  
instructor fee - donations to Senior Services  
are appreciated)**

**Limited to first 12 per session who register**

Yoga is a gentle form of exercise that helps  
improve flexibility and relieve stress. This class  
is designed specifically for seniors. Open to  
adults 55 & older. **Registration for all  
sessions begins September 15 at 8:00am.**

**Please do not leave a message for yoga sign  
up as you will not be guaranteed a spot  
unless you speak with someone. You may  
only sign up for 1 yoga session per quarter.**



### M.A.D.E. (MODERN AEROBIC DANCE EXERCISE)

**Tuesdays & Thursdays - 11:00am - 12:00  
noon - Exercise Room**

**Instructor: Lorri Carlton**

**Cost: No charge (Sr. Services pays the  
instructor fee - donations to Senior Services  
are appreciated)**

This is a low impact, low intensity aerobics  
workout that uses simple patterns. Classes  
include basic strength exercises, abdominal  
strengthening and ends with a stretching  
session. Class is ideal for beginners or active  
older adults, but can be modified for all levels.  
Please call ahead before you come to your first  
class. Open to adults 55 & older and exceptions  
under the general participation policy.

### DANCE PARTY AEROBICS

**Tuesdays & Thursdays - 5:30 - 6:30pm**

**Instructor: Lorri Carlton**

**Cost: No charge (Sr. Services pays the  
instructor fee - donations to Senior Services  
are appreciated)**

This class is designed to get you up and  
moving! These moves are inspired by Latin  
dance steps and will help you have fun while  
increasing your heart rate and burning calories.  
Please call ahead before you come to your first  
class. Open to adults 55 & older and  
exceptions under the general participation  
policy.

### ARTHRITIC EXERCISE

**Every other Wednesday - 10:45 - 11:15am -  
Multipurpose Room A**

**Instructor: Ina Beavers, Nutrition Program  
Coordinator**

This class focuses specifically on adults with  
arthritis, working mainly on flexibility. Other  
beginner exercisers may also benefit. Open to  
adults 55 & older and exceptions under the  
general participation policy.



### BOWLING LEAGUE

**Mondays - 8:30am - depart from  
Recreation Department**

**Cost: \$6.25 per session (3 games)**

Our bowlers will be starting another session  
soon. Regular bowlers & substitutes are  
welcomed.

### WALKING

**Weekdays - 6:30 - 9:00am - Parks & Rec.**

The gym at Parks & Rec. is open each  
weekday morning for seniors to walk. For more  
information on walking availability, call Parks &  
Rec. at 751-2325.

## ONGOING ACTIVITIES - MOCKSVILLE SITE

### FITNESS ROOM

**Monday - Thursday - 8:00am - 8:00pm**

**Friday - 8:00am - 5:00pm**

**Saturday - 9:00am - 1:00pm**

**Cost: No charge (donations are appreciated)**

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come first serve basis. Training is required prior to the first time using equipment. **Please call for an appointment for training.**

### PERSONAL TRAINING

YMCA staff members will come to Senior Services to offer personal training on the machines in our Fitness Room as well as other personal training tips. The YMCA is offering our participants member pricing for this service. You must call the YMCA directly to set up an appointment for this service and pay them directly. Contact person at the YMCA is Lee Jarvis, Healthy Living Manager. Their number is 336-751-9622.

Cost is:

- \$30.00 - 30 minute session
- \$175.00 - 8 sessions package (30 minutes each)
- \$345.00 - 16 session package (30 minutes each)
- \$500.00 - 24 session package (30 minutes each)



## Games

### Wii GAMES

**Time: Drop In Whenever Room is Available - Multipurpose Room A**

In these video games you actually do the moves - swing the tennis racket, the baseball bat, the golf club, etc. If you need help, simply make an appointment with a staff member & they can give you a short orientation session. Wii is available on a drop in basis whenever the room is not being used. Call if you have a question regarding availability.

Available games include:

- |              |                     |
|--------------|---------------------|
| * Golf       | * Fishing           |
| * Tennis     | * Shooting Range    |
| * Boxing     | * Billiards         |
| * Baseball   | * Big Brain Academy |
| * Ping Pong  | * Many, many more   |
| * Mario Kart |                     |

### SCRABBLE

**Mondays - 1:00pm - Classroom B**

Strengthen your vocabulary & have fun with this classic game. Any number can play. Open to adults 55 & older and exceptions under the general participation policy.

### SKIPBO

**Wednesdays - 1:00pm - Classroom A**

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. Open to adults 55 & older and exceptions under the general participation policy.

### DUPLICATE BRIDGE

**Wednesdays - 1:30 - 5:00pm - Multipurpose Room A**

Bring a partner and join this group for duplicate bridge. Open to adults 55 & older & exceptions under the general participation policy. Alternates may be under age 55.

## ONGOING ACTIVITIES - MOCKSVILLE SITE

### TEXAS HOLD EM

**Thursdays - 1:00pm - Classroom A**

This poker game is played for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcomed. Open to adults 55 & older & exceptions under the general participation policy.



### **Health & Wellness**

### ASK THE DOCTOR

**1st Monday of each month - 10:45 am - MP Room A (Oct. 5, Nov. 2, Dec. 7)**

Dr. Kimberly is here the first Monday of each month to answer your questions. Although this is no substitute for a doctor's visit, it is a great opportunity to ask about those issues that have been on your mind. You'll also benefit from hearing other questions asked & answered as well. Open to adults 55 & older & exceptions under the general participation policy.

### BLOOD PRESSURE SCREENINGS

**1st Tuesday of each month - 10:45am - MP Room A - (Oct. 6, Nov. 3, Dec. 1)**

A trained professional will take your blood pressure at no charge.

### GOT PLANS? ADVANCE CARE PLANNING

**2nd Tuesday of each month - Multipurpose Room B - (Oct. 13, Nov. 10, Dec. 8)**

**Facilitator: Representative from Hospice & Palliative Care**

**Cost: No Charge - Picture ID required  
RSVP by Friday before each seminar**

We plan for college, marriage, a baby and retirement, but we don't prepare for the end of life. Let's change that! It's simple. Representatives will be on hand to take care of everything you need to complete your advance directives. Be sure your wishes are honored by taking a few minutes now to complete these important documents. For more information you can go to [www.gotplansnc.org](http://www.gotplansnc.org).



### *Literary Arts*

### SENIOR BOOK CLUB

**3rd Tuesday of each month - 1:00 - 2:30pm - Classroom A**

**Oct. 20 - "North Of Ithaka" by Eleni Gage**

**Nov. 17 - "Mrs. Mike" by Benedict Freeman**

**Dec. 15 - "Cold Comfort Farm" by Stella Gibbons**

**Leader: Genny Hinkle**

At each meeting you will discuss the book that was read the month before & receive the new book to read. Books are provided at no charge. You must turn in your book on or before the meeting date so we can continue to get the books at no charge. Co-sponsored by the Davie County Public Library. Open to adults 55 & older and exceptions under the general participation policy.

### LIBRARY

We accept donations of recently published books in good condition. These may be checked out at the front desk. Because of space constraints, please limit donations to hardcover, recent publications (within the past 5 years). We will donate any books we cannot use to another organization.



### **Lunch**

**Mondays - Wednesdays - 11:30am**

**Thursdays & Fridays - 11:00am - MP Room A**

**Staff Contact: Ina Beavers, Nutrition Program Coordinator**

**Cost: No charge, donations appreciated**

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.14. A program is offered each day at 10:45am before lunch. You must call by noon the day before you plan to eat to order a meal.



## ONGOING ACTIVITIES - MOCKSVILLE SITE

### *Special Interest*

#### **PIEDMONT POWER ASSOCIATION**

1st Mon. of each month - 7:00pm -

**Multipurpose Room B**

(Oct. 5, Nov. 2, Dec. 7)

**President: Arthur Bostick**

**Annual Dues: \$20.00**

This group loves old tractors. If you do too, why not join them? Monthly meetings include dinner and a program. Senior Services is a co-sponsor of this group. For specific information please call the group leader (call for number).

#### **SENIOR SERVICES ADVISORY COUNCIL**

4th Tuesday of every other month - 3:00pm -

**Media Room (November 24)**

**Staff Contact: Kim Shuskey, Director**

This is a volunteer group appointed by Davie Co. Commissioners to help Senior Services plan, set goals and fundraise. If you are interested in serving, please contact Kim Shuskey. Meetings are open to the public.

### *Stage, Screen & Music*

#### **DAVIE COUNTY SINGING SENIORS**

Each Thursday - 10:00am - Multipurpose

**Room B (Jan. - June/Sept. - Dec.)**

**Chorus Director: Marie Roth**

**Annual Dues: \$10.00**

If you love to sing, why not join this fun group? The chorus practices each week and performs at churches, civic clubs, nursing homes & community events. Open to adults 55 & older.

#### **THEATRE CLUB**

4th Tues. each month - 1pm - Classroom B

(Oct. 27, Nov. 24, Dec. 22)

**Staff Contact: Barbara Thornton, Senior Center Aide**

This group meets once a month to discuss various theatrical options in the area and to choose different plays and performances to attend as a group. Each person pays for their ticket. Open to adults 55 & older and exceptions under the general participation policy.

### *Financial Support*

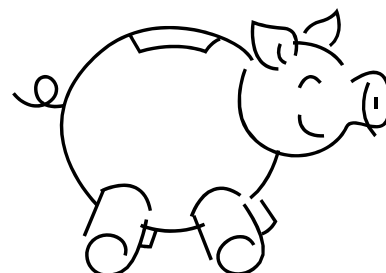
#### **LEGACY GIFT PROGRAM**

Davie County Senior Services is committed to bringing quality programs & services to older adults in our county, most at no charge. We are also committed to planning ahead to meet future needs. To do this, donations are needed and appreciated. Legacy gifts is our term for these charitable contributions that help in both the long and short term. Individuals and organizations can contribute in the following areas:

- **Outright Gifts** - donations of cash, property or stocks/securities
- **Bequests** - name Senior Services in your will as a beneficiary of cash, property, a percentage of the estate or the remainder of the estate
- **Insurance Policy Beneficiary** - Name Senior Services as beneficiary of death benefit
- **Retirement Plan / IRA** - Name Senior Services as beneficiary of death benefit
- **Endowment Fund** - Make any of the above gifts through the Davie Community Foundation to provide permanent financial support for programs & services

Please contact us for more information about donating to Senior Services. Legacy Gifts received will be recognized once a year in our Davie County Senior Services' Annual Report available each year by August 1.

***Donations are tax deductible.***



# OTHER ONGOING PROGRAMS & SERVICES

## Services



**STAFF CONTACT FOR ALL SERVICES IS  
KELLY SLOAN, SERVICES COORDINATOR,  
UNLESS INDICATED OTHERWISE.**

### **BUDDY PROGRAM**

**Staff Contact: Mitzi Hunter, Morning  
Receptionist**

**Cost: No charge**

If you are new to Senior Services and are unsure of attending your first event alone, this program is for you. We match volunteers with participants who are new to Senior Services. They meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes." To request a buddy for a special event, please let us know when you sign up for the event.

### **CAREGIVING CLASSES & RESOURCE CENTER**

**Cost: No charge**

Our Services Coordinator can meet with you individually or as a group to provide training to help you become a better caregiver. Various topics are available. In addition, materials of interest to caregivers - videos, books, pamphlets - are available to check out at the Mocksville site of Senior Services. Open to any age.

### **CAREGIVER SUPPORT PROGRAM**

**Cost: No charge, donations appreciated**

This program can provide a trained worker to stay with your loved one while you get a break to run errands, go to a movie - whatever you need to do. We can also provide free nutritional supplements such as Boost or Ensure and incontinence supplies such as Depends. To qualify, you must be providing care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or has Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

### **DRAGON SPEECH RECOGNITION SOFTWARE**

**(Available at Mocksville Site)**

**Staff Contact: Kim Shuskey, Director**

Due to a generous donation by one of our participants, one computer in our lab is equipped with speech recognition software. If you have difficulty typing, come by and use this program. Please note that each person who uses it will need to go through the setup process in order to recognize their voice. Headsets for the program can be checked out at the front desk. Available whenever the computer lab is free. You may wish to call ahead. If you need assistance from a staff member to use, you must make an appointment.

### **ENSURE PROGRAM**

**Cost: No charge, donations appreciated**

This program provides free nutritional supplements such as Ensure to seniors whose doctors prescribe supplementation. Qualifying seniors must be an existing nutrition client or 60 or older and unable to tolerate solid foods. Call for appointment for an assessment. Home visits can be arranged.



### **FIDGET APRONS**

**Cost: No charge, donations  
appreciated**

These aprons provide those with Alzheimer's or other forms of dementia something to keep their hands busy, which can help reduce agitation and wandering. They are made by volunteers and are provided to anyone who can use one.

### **HANDMADE PERSONAL ITEMS**

**Cost: No charge, donations appreciated**

Senior Services has bibs and walker aprons made by volunteers to give to those who need them. If you or someone you know can benefit from these items, please call our Services Coordinator.

## OTHER ONGOING PROGRAMS & SERVICES

### **HOMEBOUND MEALS**

**Cost: No charge, donations appreciated**

Homebound meals provide a nutritionally balanced meal to homebound seniors 5 days a week. To qualify, one must be 60 or older & unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.



### **INFORMATION & ASSISTANCE**

Our Services Coordinator can answer questions and assist seniors, family members and caregivers of any age in obtaining a wide variety of information and services for seniors. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

### **JOB MATCH**

**Staff Contact: Barbara Thornton, Senior Center Aide**

If you are a senior interested in work, fill out a JobMatch application. When we receive a call from someone who needs that type of work, we will give them your information. Senior Services only provides potential employers with names - no references, recommendations or hiring decisions are made by us. Pay rate is between the employer & employee.

### **LEGAL AIDE**

**Cost: No charge, donations appreciated**

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney and a living will. You must make an appointment with us prior to seeing the attorney. We can not pay bills that you have already received. Call for an appointment.

### **NOTARY SERVICE**

**Staff Contact: Tracy Veach, Administrative Assistant**

**Cost: No charge**

**Time: By appointment only**

We will provide free notary services to those 55 and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

### **OPTIONS COUNSELING**

Our certified Options Counselor can help persons who are planning for a change in their lives and are seeking out their options for assistance. Persons who can benefit might include those planning to retire and wanting to discuss options to sustain health, wellness and independence, those who start having difficulty in completing day to day tasks, those who are relocating and exploring housing options, or those who are dealing with a recent diagnosis of Alzheimer's. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

### **REVERSE MORTGAGE COUNSELING**

**Time: By appointment only**

We can get you in touch with the certified Reverse Mortgage Counselors in our area. We also welcome you to meet with them at our building. Call for more information.

### **SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM**

**Time: By Appointment only**

The Senior Community Service Employment Program helps low income older adults find employment in non profit and government organizations, receiving necessary job training to help them find unsubsidized jobs in the future. This program is administered by the Winston Salem Urban League. Representatives from the Urban League will meet with prospective candidates at Senior Services by appointment. For more information about this program, call the Winston Salem Urban League directly at 336-725-5614.

## OTHER ONGOING PROGRAMS & SERVICES

### **SHIIP - (Seniors' Health Insurance Information Program)**

**Staff Contact:** Mitzi Hunter, SHIIP Coordinator

**Cost:** No charge

**Time:** Tues. & Thurs. afternoons by appointment (other times can be arranged if necessary)

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program. Available to any age person on Medicare.

### **SHREDDER**

**(Available at Mocksville Site)**

Don't throw documents containing personal information in the trash & risk having someone steal your identity. Instead bring your items here where we can shred them for you. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.

### **TELEPHONE REASSURANCE PROGRAM**

**Staff contact:** Tracy Veach, Administrative Assistant

**Cost:** No charge

This program provides a daily telephone call to anyone who lives alone, and is either 55 years of age or older, or is an adult with a physical disability. Each call is an opportunity to confirm safety as well as impart care and concern.



### **VIAL OF LIFE**

This program allows you to record your medical history and medications on a form which is placed in a bottle in your refrigerator. A sticker on your door alerts EMS that this information is there in case they respond to your home in an emergency. Co-sponsored with Davie Co. Healthy Carolinians. Available to all ages.

### **VIDEO EYE**

**(Available at Mocksville Site)**

The Video Eye is a low vision reading machine that uses a camera to magnify text and objects onto a computer monitor for easier viewing. This machine can help with reading, writing and hobbies like needlework and crossword puzzles. It is available anytime there is a free room.



## Support Groups

### **ALZHEIMER'S SUPPORT GROUP**

**2nd Tuesday of each month - 6:30pm - Classroom B - (Oct. 13, no meeting in November, Dec. 8)**

**Facilitator:** Kelly Sloan, Services Coord.  
**RSVP no later than the Friday before the meeting**

This group is open to adults of any age. It is intended for those caring for a loved one with Alzheimer's or other dementia but is open to any caregiver that can benefit. Meetings may consist of sharing time and/or guest speakers. This group is offered in conjunction with the Alzheimer's Association. Please call no later than the Friday before the meeting to let us know you will be coming. Meetings will be canceled if not enough interest is shown.



## Trips - Day

**There is a \$5.00 charge for transportation for each trip, due upon sign up. \$5.00 fee is non-refundable if you cancel.** All participants buy their own lunch. If trip is canceled due to weather or other unforeseen circumstance, money will be refunded. Space is limited. See staff for complete trip rules.

### **OCTOBER 6 - DIXIE CLASSIC FAIR, WINSON SALEM, NC**

**Tuesday, October 6 - Departure time 9:00am, Return approximately 4:30pm**

**Cost: \$5.00 for transportation**

**Money for lunch**

After many requests we are returning again to the Fair. This is Senior Day so there is no charge for seniors. Lunch will be on your own at the fair. Sign up starts Aug. 14.

## OTHER ONGOING PROGRAMS & SERVICES

### **NOVEMBER 3 – WDSL RADIO STATION & SOLAR VIEWING, DAVIE COUNTY, NC**

**Tuesday, November 3 - Departure time 10:45am, Return approximately 2:00pm**

**Cost: \$5.00 for transportation**

#### **Money for lunch**

We will learn more about our home county on this day trip. We will start with a tour of our very own radio station, WDSL and learn all the “behind the scenes” activities involved in running a radio station. After lunch we will go “solar viewing” in our area, going to see several of the new solar farms that have come to Davie County recently. Sign up starts Sept. 16.

### **DECEMBER 1, 2015 - BILLY GRAHAM LIBRARY, CHARLOTTE, NC**

**Tuesday, December 1 - Departure time 10:00am, Return approximately 3:30pm**

**Cost: \$5.00 for transportation**

#### **Money for lunch**

We will visit this 40,000 square foot experience that allows visitors to discover the life and legacy of “America’s Pastor”. The library will be decorated for Christmas. We will have lunch on site at The Graham Brothers Dairy Bar which features fresh sandwiches, salads, cookies and ice cream. Sign up starts Oct. 15.

### **JANUARY 5 - BRUCE’S POTTERY BARN, MOCKSVILLE, NC**

**Tuesday, January 5 - Departure time 9:30am, Return approximately 2:00pm**

**Cost: \$5.00 for transportation**

#### **Money for lunch**

We will visit the newest pottery shop in town, “Bruce’s Pottery Barn”. The shop is operated by Bruce & Lisa Harry, who formerly owned and operated a shop in Seagrove, NC. After the tour we will have a late lunch in town. Sign up starts Nov. 16.



## **Trips - Extended**

### **CHARLESTON, SC**

**Tuesday - Thursday, April 5 - 7**

**Prices - Per Person:**

**\$535.00 - single                      \$419.00 - double**

**\$377.00 - triple                      \$356.00 - quad**

**Trip Leader - Barbara Thornton**

We will head to Charleston in the Spring!

Price includes the following:

#### **Tuesday, April 5:**

- Tour of Magnolia Plantation (includes orientation video, house, gardens and nature train)
- Dinner at O’Charley’s

#### **Wednesday, April 6:**

- Breakfast at Hotel
- Guided tour of Charleston
- Visit to Charleston Market
- Tour of Charleston Tea Plantation (includes factory tour, trolley tour, tastings and a gift bag)
- Dinner Cruise of the Charleston Harbor with live music, dancing, beautiful views of Charleston and great dining

#### **Thursday, April 7:**

- Breakfast at hotel
- Tour H.L. Hunley, the first submarine to sink an enemy ship, now on display at the Old Charleston Naval Base

**Price also includes hotel accommodations at the Hawthorne Hotel and travel on motor coach. Reservations can be made with your \$50.00 deposit. Deadline for registration is Feb. 19. Final trip payment is due at that time as well. We are unable to give refunds after payment is made to tour company.**

**See staff member for complete rules regarding trips.**

## OTHER ONGOING PROGRAMS & SERVICES



### Volunteer Opportunities

All Senior Services volunteers receive training and orientation before beginning any assignment. Generally volunteers should be 18 years of age or older. Younger volunteers should be accompanied by a parent or guardian.

#### **BUDDY PROGRAM**

**Contact: Mitzi Hunter, Morning Receptionist**

This program matches volunteers with participants who are new to Senior Services. They will meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes."

#### **CLASS INSTRUCTORS**

**Contact: Kim Shuskey, Director**

In an effort to bring new offerings to the seniors of our county, we are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors can be compensated for their time if needed.

#### **FRONT DESK VOLUNTEERS**

**Contact: Tracy Veach, Administrative Asst.**

Volunteers are used for afternoons at the front desk. Volunteers greet visitors as they come in, ensure guests are signed in and directed to the appropriate room, register seniors for upcoming events, and may perform some office work.

#### **HOMEBOUND MEAL DRIVERS**

**Contact: Ina Beavers, Nutrition Prog. Coord.**

Drivers deliver meals to homebound seniors. It takes approximately 2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid.

#### **LUNCH VOLUNTEERS**

**Contact: Ina Beavers, Nutrition Program Coordinator**

Volunteers are needed to help serve lunch, wash dishes and clean up afterwards.

#### **OFFICE HELP**

**Contact: Tracy Veach, Administrative Assistant**

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

#### **SHIIP (Seniors' Health Insurance Information Program)**

**Contact: Mitzi Hunter, SHIIP Coordinator**

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

#### **SPECIAL EVENT ASSISTANCE**

**Contact: Sharon Allard, Events Coordinator**

From time to time Senior Services needs assistance in putting on events. From food preparation to decorating - there are many ways to help. Photographers & Videographers are also always needed at events.

#### **TAX AIDE VOLUNTEERS**

**Contact: Kim Shuskey, Director**

Tax-Aide counselors complete 30 hours of training. Interested individuals should have some knowledge of the IRS tax code (gained by preparing your own returns previously or prior employment with a tax service), computer skills, and enjoy working with people.

#### **TELEPHONE REASSURANCE PROGRAM**

**Contact: Tracy Veach, Administrative Assistant**

We are partners with YVEDDI's RSVP program in this service. Volunteers will call those who live alone to provide a friendly voice and a daily welfare check. Monday - Friday phone calls are required.

# CLASSES & ACTIVITIES - FARMINGTON SITE

Our Farmington site is located in the  
Farmington Community Center,  
1723 Farmington Rd. Hours are  
Monday - Friday 10:00am - 1:00pm.  
Phone number is 998-3730.



## Ongoing Activities

### TRANSPORTATION TO FARMINGTON SITE

#### **Mondays, Wednesdays & Fridays**

YVEDDI's transportation program will bring those persons 60 and older who live within an approximate 5 mile radius to the Farmington site on these days. To sign up, call YVEDDI at 751-2187.

### EXERCISE & WALKING

#### **Tuesdays - 10:30am**

Get your exercise each Tuesday with your friends.

### GARDENING

#### **Tuesdays & Thursdays - 10am (In Season)**

If you have a green thumb, why not help out in the garden? Gardening tools are available or you can bring your own.

### BLOOD PRESSURE SCREENINGS

#### **Every 3rd Wednesday - 10:30am**

(Oct. 21, Nov. 18, Dec. 16)

A trained professional will take your blood pressure at no charge.

### CRAFT DAY

#### **Last Wednesday of each Month - 10:30am**

(Oct. 28, Nov. 25, Dec. 30)

**Cost: No charge**

Each month we will present a new craft. This is a great chance to learn some new skills. Open to those 55 and older.

### LUNCH

#### **Monday - Friday - 11:30am**

**Staff Contact: Darlene Sheets, Nutrition Site Manager**

**Cost: No charge, donations appreciated**

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.14. A program is offered each day at 10:30am before lunch. You must call by noon the day before you plan to eat to order a meal.



## Special Events

### DISASTER PLANNING

#### **Wednesday, October 7 - 10:30am**

**Speaker: Jerry Myers, Emergency Management Coordinator**

**RSVP by Sept. 30**

Disaster can strike at any time. From weather emergencies to natural disasters, you need to be prepared. Open to adults of all ages - no children, please.

### MAGAZINE SCAVENGER HUNT

#### **Monday, October 12 - 10:30am**

**RSVP by Oct. 5**

In this fun game we will race to see who can find pictures of a list of items in the magazines first. Open to adults 55 & older and exceptions under the general participation policy.

### WHAT YOU NEED TO KNOW ABOUT

#### BLOOD CLOTS

#### **Friday, October 23 - 10:30am**

**RSVP by Oct. 16**

Blood clots are necessary to stop bleeding, but they can also form in the body when they are not needed and cause strokes, heart attacks or other serious problems. Learn all the information you need to know about preventing blood clots at this seminar. Open to adults of all ages - no children, please.

# CLASSES & ACTIVITIES - FARMINGTON SITE



## **HALLOWEEN CELEBRATION**

**Friday, October 30 - 10:30am**

**RSVP by: Oct. 23**

Join your friends for a celebration of the Fall season & Halloween. Open to adults 55 & older and exceptions under the general participation policy.

## **PANTRY BINGO**

**Wednesday, November 4 - 10:30am**

**Sponsored by: Mocksville Civitans**

**RSVP by Oct. 28**

Win items you can actually use at this event. Open to adults 55 & older and exceptions under the general participation policy.

## **MEMORY SCREENINGS**

**Monday, November 9 - 10:00am - 1:00pm by appointment only**

**Screener - Kelly Sloan, Services Coordinator**

**RSVP by Nov. 2**

Do you forget things or misplace things more often? Do you have trouble concentrating? Have family or friends told you that you are repeating things to them? If you answered yes to any of these questions you may benefit from a memory screening. This is a simple, safe evaluation tool that checks memory and thinking skills. It can indicate whether an additional follow up by a healthcare provider is necessary. If you are concerned about your memory, or if you just want to learn more, schedule your appointment today. Open to adults of any age.

## **ARE YOU SABOTAGING YOUR SLEEP?**

**Friday, November 20 - 10:30am**

**Speaker: Dr. Sara Pasha,**

**Fellow in Dept. of Sleep**

**Medicine, Wake Forest**

**RSVP by Nov. 13**

Sleep is essential for energy, concentration and good health. You may be doing things that cause you not to get a good night's sleep. Find out how some simple changes can help you sleep better. Open to adults of all ages - no children, please.



## **THANKSGIVING CELEBRATION**

**Monday, November 23 - 10:30am**

**RSVP by Nov. 16**

Celebrate all your reasons to be thankful at this event. Open to adults 55 & older and exceptions under the general participation policy.



## **HOLIDAY FOOD SAFETY**

**Friday, December 4 - 10:30am**

**RSVP by Nov. 25**

Food safety is always important, but the holidays is a great time to make sure you are serving, storing and reheating food safely. Learn more at this seminar. Open to adults of all ages - no children, please.

## **BROWNIE DAY**

**Wednesday, December 9 - 10:30am**

**RSVP by Dec. 2**

Technically Brownie Day is the 8th, but we will use any excuse to have some delicious brownies! We will serve up a variety. Feel free to bring copies of your favorite brownie recipe to share with others. Open to adults 55 and older and exceptions under the general participation policy.

## **FACTS ABOUT THE SNAP PROGRAM**

**Friday, December 18 - 10:30am**

**Speaker: Representative from Davie**

**County Dept. of Social Services**

**RSVP by Dec. 11**

SNAP is the Supplemental Nutritional Assistance Program, formerly known as food stamps. Learn more about what benefits it provides, who will qualify, etc. Open to adults of all ages - no children, please.

## **CHRISTMAS CELEBRATION**

**Monday, December 21 - 10:30am**

**RSVP by Dec. 14**

Join your friends for a celebration of the Christmas season. Open to adults 55 & older and exceptions under the general participation policy.



## CLASSES & ACTIVITIES - FARMINGTON SITE

### MEATLESS MEALS FOR THE NEW YEAR

**Thursday, Dec. 31 - 10:30am**

**RSVP by Dec. 22**

Make a resolution to be healthier in 2016 by including some vegetarian meals in your menu plan. We will share recipes for some tasty meatless meals and some reasons why you might want to consider skipping the meat from time to time. Open to adults 55 & older and exceptions under the general participation policy.



Join in on the fun at  
Farmington!

## CALENDAR OF EVENTS - FARMINGTON SITE

### OCTOBER

- Oct. 7 - Disaster Planning - 10:30am
- Oct. 12 - Magazine Scavenger Hunt - 10:30am
- Oct. 21 - Blood Pressure Screens - 10:30am
- Oct. 23 - What You Need to Know About Blood Clots - 10:30am
- Oct. 28 - Craft Day - 10:30am
- Oct. 30 - Halloween Celebration - 10:30am

### NOVEMBER

- Nov. 4 - Pantry Bingo - 10:30am
- Nov. 9 - Memory Screenings - 10:00am - 1:00pm - by appointment only
- Nov. 11 - CLOSED FOR VETERAN'S DAY
- Nov. 18 - Blood Pressure Screens - 10:30am
- Nov. 20 - Are You Sabotaging Your Sleep? - 10:30am
- Nov. 23 - Thanksgiving Celebration - 10:30am
- Nov. 25 - Craft Day - 10:30am
- Nov. 26 & 27 - CLOSED FOR THANKSGIVING

### DECEMBER

- Dec. 4 - Holiday Food Safety - 10:30am
- Dec. 9 - Brownie Day - 10:30am
- Dec. 16 - Blood Pressure Screens - 10:30am
- Dec. 18 - Facts About the SNAP Program - 10:30am
- Dec. 21 - Christmas Celebration - 10:30am
- Dec. 23 - 25 - CLOSED FOR CHRISTMAS
- Dec. 30 - Craft Day - 10:30am
- Dec. 31 - Meatless Meals for the New Year - 10:30am

# calendar of Events - Mocksville Site



## OCTOBER

- Oct. 1 - Fall Fest @ Somerset Court - 2:00pm
- Oct. 1 - Computer Basics class begins - 6:00pm
- Oct. 2 - Troubleshooting Your Computer class begins - 2:00pm
- Oct. 5 - Ask the Doctor - 10:45am
- Oct. 5 - New Yoga session starts - 11:00am - Must pre-register
- Oct. 5 - New Yoga session starts - 1:00pm - Must pre-register
- Oct. 5 - New Yoga session starts - 2:00pm - Must pre-register
- Oct. 5 - New Yoga session starts - 3:00pm - Must pre-register
- Oct. 5 - Piedmont Power Assoc. - 7:00pm
- Oct. 6 - Day Trip - Dixie Classic Fair - Departure time 9:00am
- Oct. 6 - Blood Pressure Screenings - 10:45am
- Oct. 6 - Flu Shots - 9:00am - 3:00pm - by appointment only
- Oct. 8 - Fall Fest @ Bermuda Commons - 10:30am
- Oct. 8 - Sharing & Caring - 1:00pm
- Oct. 9 - Senior Lunch - 11:30am
- Oct. 12 - Get Your Home Ready For Winter - 10:45am
- Oct 13 - Living Healthy With Diabetes class starts - 9:00am
- Oct. 13 - Got Plans? Advance Care Planning Workshop - 1:00pm
- Oct. 13 - Scrapbooking - 2:00pm
- Oct. 13 - Alzheimer's Support Group - 6:30pm
- Oct. 15 - Fall Fest @ Autumn Care - 10:30am
- Oct. 16 - Retirement Event - 2:00pm
- Oct. 19 - Monthly Movie - 1:00pm

- Oct. 19 - Quilt Guild - 6:30pm
- Oct. 20 - Veteran's Social - 10:30am
- Oct. 20 - Senior Book Club - 1:00pm
- Oct. 21 - Medicare Part D Annual Enrollment Event - 10:00 - 4:00 - by appointment
- Oct. 22 - Fall Fest @ Davie Place - 10:30am
- Oct. 22 - Sharing & Caring - 1:00pm
- Oct. 23 - Flu Shots - 9:00am - 12:00pm - by appointment only
- Oct. 23 - Windows 8 Level 1 class begins - 1:00pm
- Oct. 26 - Beginning Computers class begins - 5:00pm
- Oct. 27 - Theatre Club - 1:00pm
- Oct. 28 - Medicare Part D Annual Enrollment Event - 10:00 - 4:00 - by appointment
- Oct. 29 - Fall Chicken Stew & Jam Session - 5:30pm
- Oct. 30 - Movie Day With the Grandkids (Or Not!) - 1:00pm

## NOVEMBER



- Nov. 2 - Ask the Doctor - 10:45am
- Nov. 2 - Astronomy Seminar - 1:00pm
- Nov. 2 - Piedmont Power Assoc. - 7:00pm
- Nov. 3 - Day Trip - WDSL Radio Station & Solar Viewing - Depart at 10:45am
- Nov. 3 - Blood Pressure Screenings - 10:45am
- Nov. 4 - Medicare Part D Annual Enrollment Event - 10:00 - 4:00 - by appointment
- Nov. 5 - Caregivers' Dinner - 5:30pm
- Nov. 6 - Memory Screenings - 1:00 - 4:00 - by appointment
- Nov. 6 - Windows Movie Maker class begins - 1:00pm
- Nov. 6 - Envelopes and Labels class - 3:00pm

## Calendar of Events - Mocksville Site

- Nov. 9 - Senior Tarheel Priorities - 10:45am
- Nov. 9 - Printing Invitations class - 3:00pm
- Nov. 10 - Got Plans? Advance Care Planning Workshop - 1:00pm
- Nov. 10 - Veteran's Appreciation Events - 1:00 or 5:30pm
- Nov. 10 - Scrapbooking - 2:00pm
- Nov. 12 - Sharing & Caring - 1:00pm
- Nov. 16 - Monthly Movie - 1:00pm
- Nov. 16 - Quilt Guild - 6:30pm
- Nov. 17 - Senior Book Club - 1:00pm
- Nov. 18 - Medicare Part D Annual Enrollment Event - 10:00 - 4:00 - by appointment
- Nov. 20 - Windows 8 Level 2 class begins - 2:00pm
- Nov. 21 - Saturday Morning Breakfast - 9:30am
- Nov. 23 - Coffee Filter Wreath Craft - 1:00pm
- Nov. 24 - Theatre Club - 1:00pm
- Nov. 24 - Advisory Council Meeting - 3:00pm
- Nov. 25 - Medicare Part D Annual Enrollment Event - 10:00 - 4:00 - by appointment



# DECEMBER

- Dec. 1 - Day Trip - Billy Graham Library - Depart at 10:00am
- Dec. 1 - Blood Pressure Screening - 10:45am
- Dec. 1 - Fidget Apron Service Project - 1:00pm
- Dec. 1 - Word Level 1 Class begins - 6:00pm
- Dec. 2 - Medicare Part D Annual Enrollment Event - 10:00 - 4:00 - by appointment
- Dec. 3 - Dinner & a Movie - "Miracle on 34th Street" - 5:30pm
- Dec. 4 - Webcam class begins - 2:00pm -

- Dec. 7 - Ask the Doctor - 10:45am
- Dec. 7 - Piedmont Power Assoc. - 7:00pm
- Dec. 8 - Vein Disease Seminar & Screening - 10:45am
- Dec. 8 - Got Plans? Advance Care Planning Workshop - 1:00pm
- Dec. 8 - Scrapbooking - 2:00pm
- Dec. 8 - Alzheimer's Support Group - 6:30pm
- Dec. 10 - Sharing & Caring - 1:00pm
- Dec. 11 - Christmas Party - 2:00pm
- Dec. 14 - Information About Centerpoint Human Services - 10:45am
- Dec. 15 - Senior Book Club - 1:00pm
- Dec. 17 - Christmas Bingo - 1:00pm
- Dec. 21 - Monthly Movie - 1:00pm
- Dec. 21 - Quilt Guild - 6:30pm
- Dec. 22 - Theatre Club - 1:00pm
- Dec. 31 - New Year's Eve Bunco & "Mocktails" - 2:00pm



Senior Services will be closed for the following holidays:

- Wednesday - November 11 - Veteran's Day
- Thursday - Sunday, November 26 - 29 - Thanksgiving Holiday
- Wednesday - Sunday, December 23 - 27 - Christmas Holiday





278 Meroney Street  
Mocksville, NC 27028  
336-753-6230  
[www.daviecountync.gov](http://www.daviecountync.gov)

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*It is the mission of Davie County Senior Services  
to provide seniors with accessible services and opportunities for  
fellowship, fun and learning, through activities and programs that enrich lives.*



# Don't Forget!

Anytime you come to Senior Services please remember to scan your membership card. This helps us to keep track of how many people use our building.

We use this information to obtain grants and request additional money when necessary. It also lets us know who to call if an ongoing class is canceled for some reason.

If you do not have a membership card, see a staff person today to get one. Membership is free and the information is important to help us maintain a safe environment for our participants.

Call Senior Services at 336-753-6230 for more information or to register for any events or programs in the newsletter.